

FLU SEASON

Flu vaccines are recommended this season

This season, only injectable flu vaccines (flu shots) should be used.

Options this season include:

- ✓ A Standard dose flu shots. Most are given into the muscle (usually with a needle, but two can be given to some people with a jet injector).
- ✓ A high-dose shot for people 65 and older.
- ✓ A shot made with adjuvant for people 65 and older.
- ✓ A shot made with virus grown in cell culture.
- ✓ A shot made using a vaccine production technology (recombinant vaccine) that does not require the use of flu virus or eggs.

Are there new flu vaccines this season?

A new quadrivalent vaccine ("Afluria Quadrivalent" IIV) was licensed last season after the annual recommendations were published. A quadrivalent recombinant influenza vaccine ("Fiublok Quadrivalent" RIV) is newly available this season.

When and how often should I get vaccinated?

Everyone 6 months and older should get a flu vaccine every year, by the end of October, if possible. However, getting vaccinated later is OK. Vaccination should continue throughout the flu season, even into January or later. Some young children might need two doses of vaccine. A health care provider can advise on how many doses a child should get.

What viruses do 2017-2018 flu vaccines protect against?

There are many flu viruses and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated to match circulating flu viruses. Flu vaccines protect against the three or four viruses that research suggests will be most common.

For 2017-2018, three-component vaccines are recommended to contain:

- NMichigan/45/2015 (H1N1)pdm09-like virus (updated)
- NHong Kong/4801/2014 (H3N2)-like virus
- B/Brisbane/60/2008-like (BNictoria lineage) virus

Four component vaccines are recommended to include the same three viruses above, plus an additional B virus called B/Phuket/3073/2013-like virus (B/Yamagata lineage).

